



Center for Naval Aviation Technical Training

Plan of the Week



26 January – 01 February 2004

Commanding Officer	CAPT R. C. MOCK (cell 426-2033)
Executive Director	CAPT CODE (cell 516-1129)
Command Master Chief	CMDCM (AW) MIHELICH (cell 426-2034)
Command Career Counselor	PNC (SW) COLEMAN
Command DAPA	ATC (AW) DELWARE
Command Equal Opportunity Advisor	ATCS (AW) ERWIN
Civilian Equal Opportunity Liaison	MS. SIRNEY
Command Ombudsman	VACANT
Command Duty Officer Cell Phone: 426-2029	

Mission:

DEVELOP, DELIVER, AND SUPPORT AVIATION TECHNICAL TRAINING NECESSARY TO MEET VALIDATED FLEET REQUIREMENTS THROUGH A CONTINUUM OF PROFESSIONAL AND PERSONAL GROWTH FOR SAILORS AND MARINES.

UNIFORM OF THE DAY

		Prescribed	Alternate
	E7 & Above	Winter Blue	Service Khaki
	E6 & Below	Service Dress Blue	Winter Blue, Utility
	E7 & Above	Service C	Utility
	E6 & Below	Service C	Utility

CDO WATCHBILL

JAN 26 – FEB 1	ACCS GARLAND
FEB 2 – 8	GYSGT GRAF
FEB 9 – 16	GYSGT HESTER
FEB 17 – 22	MSGT KLEINSTIVER

FRAUD, WASTE, AND ABUSE HOTLINE -- DoD 1-800-424-9098

EO/SH Complaint/Advice Hotline -- 1-800-253-0931

NMCI On-line Help Desk: <http://nattconline.cnet.navy.mil>

Notes

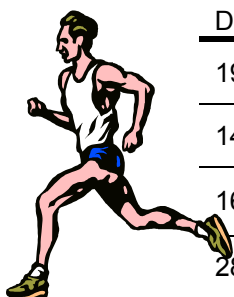
1. **CNATT PHYSICAL TRAINING.** The skipper approved a monthly PRT session for the Command. Civilians are invited and mandatory for military. Our first session will be conducted, Wednesday, 0700, Portside Gym. The training will consist of the following:

- Calisthenics
- Group Activity (Basketball, Racquetball, Volleyball, Special Forces Pull-up Contest)
- 1.5-Mile Run
- 5-Min Walk (cool down)
- Stretching

Notes: 1. **Stretching will be conducted on your own before 0700**

2. **Complete workout will take 75 minutes and participants must be at work by 0900**

2. **PHYSICAL READINESS TEST**



Date/Time	Test	Location	Weigh-ins
19 Mar/0600	Coordinators	Portside Gym	10-11 Mar, 0700-0800 at CNATT Weight Rm.
14 Apr/0700	Swimmers	Bldg 3944	7-8 Apr, 0700-0800 at CNATT Weight Rm.
16 Apr/0700	Command PRT	Portside Gym	7-8 Apr, 0700-0800 at CNATT Weight Rm.
28 Apr/0700	Swim (Stragglers)	Bldg 3944	7-8 Apr, 0700-0800 at CNATT Weight Rm.
30 Apr/0700	Command PRT (Stragglers)	Portside Gym	21-22 Apr, 0700-0800 at CNATT Weight Rm.



3. **SECURITY AWARENESS.** If classified material is transported by means other than walking, it must be double wrapped. A locked briefcase is considered the outer wrapping except when traveling aboard commercial aircraft. The inner wrapping may be an envelope or other container and will show the highest classification of the material enclosed.

4. **GRAMMAR RULE OF THE WEEK.** Commas. Introductory Participial and Infinitive Phrases. Use a comma to separate participial and infinitive phrases used as modifiers. **Examples:** (Participial phrase) Looking for help, the man fell on his knees to beg. (Infinitive phrase used as a modifier) To raise enough money in time, Mary issued stock in her business.



5. **HOME SECURITY CRIME PREVENTION TIP:** Check all locks; almost 50% of burglars will generally enter a home through an unlocked window or door.

6. **ENERGY TIP:** Globally, each year we pump 20 billion tons of carbon dioxide into the atmosphere – 4 tons for every man, woman, and child. The United States is responsible for one quarter of this amount, or five billion tons per year.

7. **NMCI NEWS AND TIPS.** You can track your NMCI open trouble ticket status on the NMCI Homeport page (<http://homeport>). From the Home screen, click on the Services tab, and then click on the link to view your open tickets.

8. **QUOTE OF THE WEEK:** "Perpetual optimism is a force multiplier."

--Colin Powell

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G. M. WOLFE
By direction